

What is claimed is:

1. An ink jet recording method to form an image comprising the steps of:

(a) ejecting ink comprising an actinic radiation curable cationically polymerizable component from an ink jet recording head to deposit the ink on a recording medium; and

(b) exposing the ink on the recording medium to an actinic radiation to cure the ink,

wherein an value of difference between a surface tension of the recording medium in mN/m and a surface tension of the ink cured by exposing to the actinic radiation in mN/m.

2. An ink jet recording method of claim 1 comprising further steps of after the step (b):

(c) ejecting a second ink comprising an actinic radiation curable cationically polymerizable component and having a different color than a color of the ink employed in step (a); and

(d) exposing the second ink on the recording medium to an actinic radiation to cure the second ink,

wherein absolute value of difference between the surface tension of the recording medium and a surface tension of at least one of the inks cured by exposing to the actinic radiation is 1 to 20 mN/m.

3. The ink jet recording method of claim 1, wherein a surface tension of the ink does not substantially vary after exposing 50 percent of radiation energy which is required to cure the ink.

4. The ink jet recording method of claim 1, wherein the steps (a) and (b) are repeated by employing a plurality of inks each having different color, and a maximum difference in surface tension among the inks cured by exposing to the actinic radiation is at most 10 mN/m.

5. The ink jet recording method of claim 1, wherein the steps (a) and (b) are repeated by employing a plurality of inks each having different color, and a maximum difference in surface tension among the inks before exposing is at most 10 mN/m.

6. The ink jet recording method of claim 1, wherein the condition of  $A \leq B$  is satisfied, wherein B is a surface tension of the ink cured by exposing to the actinic radiation in mN/m, and A is a surface tension in mN/m of the ink before exposing.

7. The ink jet recording method of claim 1, wherein the surface tension of the ink cured by exposing to the actinic radiation is 30 to 50 mN/m.

8. An ink jet recording method of claim 1, wherein the ink on the recording medium is exposed to an actinic radiation exhibiting the maximum illumination intensity of 0.1 to 50 mW/cm<sup>2</sup>.

9. An ink jet recording method of claim 1, wherein the recording medium is composed of a non-absorbing material.

10. An ink jet recording method of claim 1, wherein the recording medium is a plastic film.